

FORT SAM HOUSTON News Leader

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"HOME OF ARMY MEDICINE"

Photo by Esther Garcia

Special delivery

With the sounds of cavalry music in the background, Col. Wendy Martinson, commander, U.S. Army Garrison and her trusted steed joins Chester McDougald, Pony Express Couriers Chairman, and pony express riders as they walk across MacArthur Parade Field Saturday. The 19th annual Christmas Along the Corridor Pony Express Courier Run Finale delivers the governor of Texas holiday message to the San Antonio Postmaster.

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Fort Sam Houston Christmas tree lighting today

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Army Family Action Plan Conference opens

ALEXANDRIA, Va. – Army leaders renewed their commitment to Families during the opening session of the Army Family Action Plan Conference Monday and announced that Secretary of the Army Pete Geren and Army Chief of Staff Gen. George Casey Jr. will chair a Soldier and Family Readiness Board of Directors.

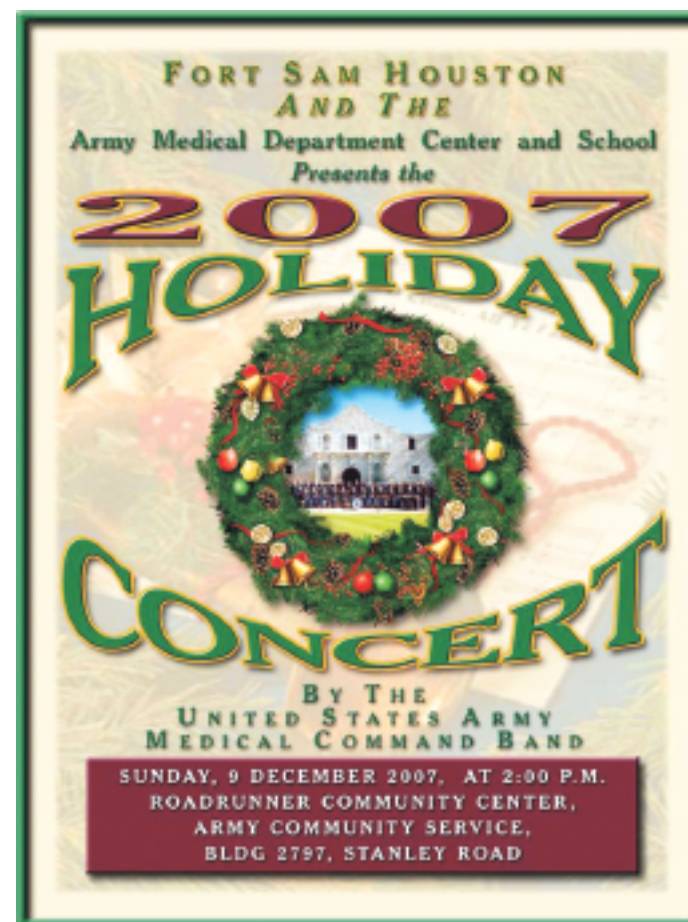
Although this year's AFAP is the 24th annual conference, Gen. Casey and Lt. Gen. Robert Wilson, commanding general of the Installation Management Command and Family Action Plan lead, said they expected it to be especially important because of the Army Family Covenant.

Initially signed in October, the covenant is the Army's commit-

ment to take care of Soldiers and their Families, to standardize and fund Family programs and services, provide top-quality healthcare, improve housing, ensure excellence in schools and childcare and expand education and employment opportunities for Families.

"I started asking people, 'Is the role of the Family in the Soldier's decision to stay in the all-volunteer force so important that we should treat Families as a readiness issue?'" said Gen. Casey. "The answer I got, time and again, was, 'Yeah. What took you so long?' When you tell someone in uniform it's a readiness issue, you do it, you take care of it."

See AFAP CONFERENCE P6



NEW E-MAIL ADDRESS: NEWS.LEADER@CONUS.ARMY.MIL

TRICARE beneficiaries save time, money by making switch to mail order pharmacy

FALLS CHURCH, Va. – Nearly 20,000 TRICARE beneficiaries are saving money on their prescriptions after making the switch to mail order through the new Member Choice Center. After only two months of operation, beneficiaries saved approximately \$600,000 on prescriptions by switching from retail to the TRICARE Mail Order Pharmacy's (TMOP).

In all, individual beneficiary's savings through TMOP could range from \$24 a year for each regular formulary generic drug to as much as \$176 a year for each non-formulary brand-name drug. The savings increase with each additional prescription.

"Beneficiaries are saving time in addition to money," said Army Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity. "TMOP offers the convenience of ordering and receiving prescriptions without leaving home."

The Department of Defense is saving money too, projecting a savings of approximately \$6.9 million on the 39,500 prescriptions converted so far from retail to TMOP. DoD could save up to \$24 million a year with just a 1 percent shift of prescriptions from retail to mail order.

Beneficiaries that do not have other health insurance and are currently using a retail pharmacy can go now go online to www.express-scripts.com/TRICARE to com-

plete the registration, without downloading or mailing forms, and request that their prescription be converted to mail order from retail.

A toll free number is also an option in the United States. A patient care advocate at the MCC at 877-363-1433 can initiate the process to obtain a new prescription from the beneficiary's provider to be filled by the TMOP.

TMOP also notifies beneficiaries by letter when one of their medications is switching to the third tier, which has the most expensive co-pay. This gives beneficiaries time to ask their doctor to switch them to the formulary drug at a lower co-pay before they need a refill.

For more information

about the new Member Choice Center and filling prescriptions through the TMOP program, visit the prescription

area on the "My Benefit" link of www.tricare.mil.

(Source: TRICARE News Release)



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Ethics training

Soldiers and civilian employees must attend one hour of face-to-face ethics training taught by an ethic attorney in 2007, as directed by the Secretary of the Army. The class will be taught Dec. 14 from 1 to 2 p.m. in Blesse Auditorium, Willis Hall, Building 2841:

For more information, call Gerald Krimbill, Shelby Tanner or Capt. White at 221-2373 or 221-0485.

News Briefs

Holiday tree lighting

Col. Wendy Martinson, U.S. Army Garrison commander, will host the Fort Sam Houston Holiday Tree Lighting Ceremony today at 6 p.m. at the main post flagpole. Retreat will begin at 5 p.m. and the chaplain will make opening remarks at 6 p.m. followed by the tree lighting, singing and refreshments.

Road closure

The Cunningham/Broadway Street intersection will be closed effective Friday for about three months in order to complete an underground drainage project. The Cunningham/Broadway closure will not affect the Wilson Access Control Point operation. There is a detour via Brahan Boulevard just one block north of Cunningham off Broadway Street and Haywood Avenue to the Wilson ACP.

Holiday concert

Fort Sam Houston and the Army Medical Department Center and School will present the 2007 Holiday Concert by the U.S. Army Medical Command Band Sunday at 2 p.m. at the Roadrunner Community Center, Building 2797, Stanley Road. The event is free and open to the public.

JAG office closure

The Fort Sam Houston Office of the Staff Judge Advocate, to include the Claims Division and the Legal Assistance Office, will be closed Dec. 19 from 12 p.m. to close of business, for an office winter holiday party. The offices will reopen Dec. 20 for normal duty hours. In case of an emergency, call the On-Call Officer at 393-3042. For more information, call Sgt. 1st Class James Jordan, at 221-0484.

Giant voice test

The Fort Sam Houston Giant Voice mass notification system will be tested by the Directorate of Plans, Training, Mobilization and Security Dec. 19. For more information, call 221-9504.

Mandatory SAEDA, OPSEC training

The first fiscal year 08 training for Garrison organizations and tenant unit personnel will be held Tuesday from 10 to 11:30 a.m. in Evans Theater. New sign-in procedure requires personnel to bring their Common Access Card (CAC). Personnel should arrive no later than 9:15 a.m. to sign-in. If you have not attended a training session since Oct. 1, attendance is required prior to Sept. 30, 2008. Report attendance at this training to your training coordinator. Additional training for FY 08 will be conducted March 13, May 15, July 17, Aug. 21 and Sept. 9. For more information, call the Garrison Security Office at 221-1906, 221-1859 or 221-9500.

Army civilians could receive furlough notices by Christmas

By Fred W. Baker III
American Forces Press Service

If funding continues to be delayed, it could affect as many as 200,000 civilian employees and contractors, DoD officials reported.

Some Army civilian employees may get layoff notices before Christmas, because \$178 billion in emergency funds have not yet been approved to continue the war on terror, a senior Defense Department official said today.

President Bush called on Congress twice publicly this week to pass an emergency funding bill, but has vowed to veto any bill that imposes a mandatory troop withdrawal date.

Some members of Congress have responded by saying the Pentagon has funds to continue operations through March, but a Pentagon spokesman today said furlough notices for Army employees could start going out the middle of this month. The employees would not be furloughed until after Christmas, but some contracts require a 60-day

notice if the furlough will be longer than 60 days, Defense Department spokesman Bryan Whitman told reporters at the Pentagon. The department is using fiscal 2008 funds – not part of the supplemental funding needed – to keep operations going in the war on terror, he explained.

"Anyone who thinks that this is not a serious situation is simply misinformed or is ignoring the facts. We have tried to be as matter of fact as we can on this, but the reality is that

See FURLOUGHS P6

Purple Heart ceremonies honor Warriors in Transition

Story and photo by Jen Rodriguez
Brooke Army Medical Center Public Affairs



For the month of November, more than 300 BAMC medical staff, family and friends witnessed what it means to honor the Warriors in Transition, during three separate Purple Heart Ceremonies.

The Purple Heart, an American decoration and the oldest military decoration in the world in present use, is awarded to members of the armed forces of the United States, who are wounded by an instrument of war in the hands of the enemy.

"Many are here today to honor the Purple Heart recipients," said Brig. Gen. James Gilman, commander of Great Plains Regional Medical Command and Brooke Army Medical

Center. "2007 is a year of progress, and to celebrate those who have sacrificed and served a cause for hope and to honor these Soldiers today. Thanks for all your care and interest in helping us honor and take care of these fine men and women."

Gilman hosted the Nov. 8 and Nov. 27 ceremonies. A ceremony also took place Nov. 29.

Nine Soldiers were hailed for their right to hold their head of up high according Maj. Gen. Robert Durbin, commander of the 1st Infantry Division, guest speaker and presenter at the Nov. 29 ceremony.

"You've sacrificed the most throughout the history of our nation," said Durbin. "...through sacrifice, dedication, courage and service to nation."

Col. Carlos Angueira, BAMC's deputy commander of clinical services, hosted the Nov. 29 ceremony on behalf of Gilman.

Purple Hearts were presented to Staff Sgt. Michael Fradera, Sgt. Oscar Guerra, Staff Sgt. Kenneth Wickstrom, Sgt. Shawn Walton, Spc. Christian Berry, Spc. Andrew Catterton, Spc. John Johnson, Spc. Poulsen, Pfc. Andrew Looney and Pvt. Tommy Williams Nov. 27 during a ceremony at Brooke Army Medical Center.

Durbin also recognized the medical staff and supporters who helped the Soldiers to heal. "It's a humbling experience to be here," Angueira said.

Spc. Shane Calloway; Pfc. Michael Dunn and Pfc. Jose Santiago-Gonzalez echoed Durbin's remarks.

Calloway and Dunn thanked those who helped them recover. With a special thank you from Calloway to his wife, Tina, and his family for looking after him.

"My heart goes out to the ones, who stayed behind," Santiago-Gonzalez added.

Nov. 29 Purple Heart honorees were:

Sgt. Justin Ellis injured May 6; Spc. James Barrella injured Aug. 30; Calloway injured Aug. 20.

Spc. Daniel Diaz injured June 15; Spc. Jantzen Frazier injured Oct. 20; Spc. Yamil Jaiman-Hernandez injured

See PURPLE HEARTS P7

28th CSH returns after 15-month deployment

Story and photo by Jen Rodriguez
Brooke Army Medical Center Public Affairs

More than 40 Brooke Army Medical Center employees, fellow comrades and Family members welcomed back some of their own, who returned to Fort Sam Houston, just in time for the holidays.

Thirty Soldiers from the 28th Combat Support Hospital "China Dragons" returned after a 15-month deployment in support of the Global War on Terrorism. They were welcomed back in an official Welcome Home ceremony Monday in the fourth floor auditorium of BAMC.

"America has watched Army Medicine — your skill, your sacrifice, your professionalism and your courage. Your devotion to duty was not easy for you or your Families who waited for your safe return," said Col. Carlos Angueira, BAMC deputy commander of clinical services.

"Our nation and our Army owe you far more than gratitude — your example of sacrifice, courage and perseverance has truly been an inspiration," he said. "Americans marvel at your resilience and ability to endure the hardships by our Army Families."

While deployed, the 28th CSH men and women provided a 296-bed capacity hospital, which included 96 Intensive care beds, 140 intermediate care beds, 20 Neuropsych beds, 40 minimal care beds, emergency treatment area, dental section, dispensary, four surgical suites, two X-ray rooms, pharmacy,

blood bank and laboratory. The hospital was also equipped with Deployable Medical System equipment primarily composed of expandable shelters and TEMPER tents that were linked together by passageways to allow the entire structure to be climate controlled.

The 28th CSH also provided specialty treatments including internal medicine, general medicine, psychiatry, emergency medicine, orthopedic/thoracic surgery, gynecology, oral surgery and radiology.

Angueira said "Our professional Army knew that they could count on you to stabilize them on the battlefield and to get them safely evacuated home so that hospitals like BAMC could continue their care."

28th CSH returnees were: Lt. Col. Dorothy Beebe;

Lt. Col. James Ferguson; Lt. Col. Lee Cebula; Lt. Col. Paul Lewis; Lt. Col. Jamil Malik; Lt. Col. Steve Waxman; Maj. William Aiken; Maj. David Bell; Maj. Ian Black; Maj. Robert Eckart; Maj. Raymond Good; Capt. Kaitlyn Cogan; Capt. Tammy Grasso; Capt. Maria Kaloplastos; Capt. Devon Lehman; Capt. Barbara McCottry; Capt. Nhan Ngo-Anderson; Capt. Mario Rivera-Barbosa; 2nd Lt. Julie Gahl; Sgt. 1st Class Medvin Glover; Staff Sgt. Jason Connelly; Staff Sgt. Leonardo Bermudez; Staff Sgt. Lethia McNair; Staff Sgt. Victor Settles; Sgt. Renee Rice; Sgt. Robert Messenger; Spc. Alana Corbin; Spc. Tiffany Ellis; Spc. Frederik Ramos and Spc.

Bradley Worthington.

The overall mission of the 28th CSH is to organize, train and deploy tailored forces to provide comprehensive, high quality Level III Combat Health Support for the entire spectrum of operations. As well as to be prepared to assume Medical Task Force command and control, and conduct split-based operations.

Historically, the 28th CSH has helped out, wherever duty calls to serve.

In 1990, the 28th CSH was the first Army hospital to be deployed and operation in support of Operation Desert Shield, during Operation Desert Storm. Over the years, the 28th CSH has deployed to Homestead, Fla. in support of Hurricane Andrew Relief Operation; Haiti in support of Operation Uphold Democracy and St. Thomas, Virgin Islands in support of the Hurricane Marilyn Relief Operation.

"Everyday you served, you touched Soldiers' lives in a profound and personal way," said Angueira. "You all are American heroes. There are many Families — many wives, mothers, fathers and children who will have their Soldier, Airman or Marine returned to them because of your efforts."



Five-year-old Samantha Anderson shares an important moment with her mother, Capt. Nhan Ngo-Anderson and the rest of the 28th Combat Support Hospital Soldiers during the Welcome Home Ceremonial formation Monday at Brooke Army Medical Center.

'Tis the season' to deck the walls

Walmart employees volunteer to decorate Fisher Houses

Story and photos by Cheryl Harrison
Fort Sam Houston Public Information Office

Decked out in blue T-shirts and some with Santa hats, they weren't what would be considered traditional elves, but about 75 employees from four San Antonio Wal-Mart stores came very close to it.

"Operation: Deck the Walls" a program partnering Wal-Mart and the Fisher House foundation,

brought the joy of Christmas to two Fisher House locations at Brooke Army Medical Center Monday.

The holiday spirit came to life with the halls, the walls, dining tables and beautiful trees decked out with Christmas decorations, and visions of sugary plums and a promise that Santa would pay his annual visit to the temporary home of military Families residing in the Fisher House. With donated ornaments and thousands of dollars in Wal-Mart gift

cards, Christmas seemed to arrive a

little early for many wounded warriors and their Families at the Fisher Houses.

"This is the first time I've ever decorated for Christmas. Now I need to go home and do my house," said Tiffany Cantu. "My fiancé is away in Kuwait and it made me want to do this for the Families here, hoping that he doesn't ever end up in the same condition."

The Wal-Mart employees volunteered for extra work hours to

be a part of the hustle and bustle of decorating. With the busyness of the season, this was a show of support to the military during their time of need.

Cindy Opalinski said, "I work nights, and I still came over to decorate. I go back to work tonight at 10 p.m."

"Everything was donated by Wal-Mart," said Carol Moralez, store manager of the Wal-Mart on

See FISHER HOUSES P8



(Above) Carol Moralez, manager for Wal-Mart #765 on Nacogdoches Road, decorates a dining table with poinsettias and tablecloths, in a show of support for wounded warriors and their Families that call Fisher House "home" during a Soldiers recovery.

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- Live music by "The Tailpipes"
- Dance contest, costume contest and prizes
- Dressy casual or 50's costume attire (uniforms not required)

Tickets are \$30 per person

Permanent party military, DA civilians, adult family members and retiree's are welcome.

See your unit/activity rep for additional information and tickets.

Make checks payable to: AMEDDC&S Social Fund.

Tickets on sale - first come-first served. For more information go to the AMEDDC&S portal at www.cs.amedd.army.mil, e-mail rachel.katherine.moore@amedd.army.mil or call 210-221-8317.

Blood is fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood.

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



AFAP CONFERENCE from P1

Describing the Army as “out of balance,” but still the “best in the world,” Gen. Casey said that over the next three to four years, the Army must sustain its current Soldiers, in part by taking care of their Families.

The Army must also prepare Soldiers for success in the current conflict and reset them when they come home. According to Gen. Casey, the Army is working on a standardized six-month reset model, where Soldiers will essentially go into “dry dock” for six months after deployment to get organized in individual training. After that time, they’ll be ready to restart their training.

Gen. Casey said the Army is also 60 percent finished with its largest transformation since World War II and must continue to transform to meet the needs of the 21st century. A large part of that is transforming support structures to meet the needs of an expeditionary Army at war.

He said the Army has already made great strides, and has devoted \$1.4 billion to Families in this year’s budget. The Army is working with the Department of Defense and TRICARE on healthcare, and in the meantime, has placed surgeons on installation commanders’ staffs.

The Army already has about 79,000 privatized homes and by 2010, 97 percent of Army installations will have Residential Community Initiatives.

Sgt. Maj. of the Army Kenneth Preston compared the new houses to government housing when he was a young noncommissioned officer, noting that when he enlisted, specialists and below weren’t even eligible for government housing. It was considered a privilege.

“I had a chance to visit some of the new Residential Communities Initiative housing,” he said.

“Standing down there talking to a young staff sergeant, his wife and two children, and they were describing this 1700-square-foot home that they were living in. They took me inside and showed me around and I was very appreciative for them to open their house and show me the quality of life that they were now living in.

“But as I stood there in the front yard, across the street, off to my left there was an old housing area. I lived in that housing area as a staff sergeant. They were eight apartment units all put together, two-story ups and downs. I remember in the summer months, cutting the back yard, I had to walk all the way around the other apartments to cut the grass in the front. It was a unique experience to reflect on where we’ve been, where we are as we now talk about the Army Family Covenant, and where the Army’s going for the future,” he said.

The Army will also go from 130 to almost 200 childcare centers in the next few years, Gen. Casey said. He said the Army has partnered with 30 national employers like Home Depot to employ more than 20,000 spouses under the Army Spouse Employment Program. The DOD and Department of Labor recently announced a new program to give spouses \$3,000 for job training. Finally, the DOD is working to broaden a recruiting initiative that allows servicemembers to transfer G.I. Bill benefits to spouses and children.

“Listening to the Families, having been in Iraq, understanding what we were asking of them, having lost my own dad in Vietnam, I understand the effects war has on Families,” said Gen. Casey. “Good



Photo by Elizabeth M. Lorge
An Army spouse, Chief of Staff of the Army Gen. George W. Casey Jr. and Secretary of the Army Pete Geren look on as Sergeant Maj. of the Army Kenneth O. Preston signs the Army Family Covenant at Fort Knox Ky., pledging to support Army Families. During the Army Family Action Plan Conference, he noted how far the Army has come when it comes to taking care of Families since he first enlisted.

enough, just making the best of it, wasn’t what Army Families needed. They need support. We’re committed to delivering that.”

The Army Family Action Plan Conference continues through Friday in Alexandria, Va. (Source: Army News Release)

FURLOUGHS from P3

we are using our program budget for FY 08 ... to fund our operations in Iraq and Afghanistan,” Whitman said.

DoD is using its readiness funding, or operations and maintenance accounts, which typically pay for training, supplies, and maintenance of weapons and equipment.

Earlier this month, Defense Secretary Robert Gates requested to shift \$3.7 billion from Navy and Air Force payrolls and an \$800 million excess in the working capital fund to Army and Marine Corps operations.

If funding continues to be delayed, it could affect as many as 200,000 civilian employees and contractors, DoD officials reported.

“In mid-February, the Army

will run out of all of their O&M funding for the entire year, because they will have spent it on operations in Afghanistan and Iraq. That will require some fairly significant and harsh actions by the department, specifically the Army. And the Marine Corps is only about a month behind them,” Whitman said.

Military installations soon will have to shut down operations and furlough civilian employees, terminate contracts, and move into what Whitman called a “warm” status.

“Facts are the facts. We’re trying to keep people as well informed as we can, but anybody that thinks that we have sufficient funding to go beyond what we have stated is just either misinformed or electing not to examine the facts,” he said.

PURPLE HEARTS from P3

May 31; Spec. Henry Raybuck injured Sept. 16; Dunn injured May 26; and Santiago-Gonzalez injured June 29 for combat-related injuries sustained in the line of duty.

The Purple Heart ceremony held Nov. 27 drew more than thank you(s) and adoration for the therapists, hospital staff, Family members and doctors that helped the Soldiers get better.

“Without Family,” said Pvt. Tommy Williams, “it would have been a difficult time for me. I appreciate everyone’s help.”

Sgt. Oscar Guerra and Spec. Christian Berry thanked God for their life, and their Family support.

Also, during the ceremony well-wishers witnessed one’s Soldier’s true love for military service.

“Serving in the military is my greatest honor,” said Staff Sgt. Kenneth Wickstrom, who first joined the Army in 1990 and served for a short time. After the Army, he joined and served in the Marine Corps for four years. Then, Wickstrom joined the Air Force.

“The Air Force wasn’t a good fit, so I joined the Navy,” he said.

In 2006, Wickstrom returned to the Army, where he has his eyes set on serving 30 years of military service.

Spc. Andrew Catterton and Staff Sgt. Michael Fradera received double honors at the Nov. 27 ceremony. They were awarded Accommodation Medals along with their Purple Hearts. Fradera also celebrated his birthday.

Nov. 27 honorees were:

Fradera injured Aug. 17; Wickstrom injured March 18; Guerra injured Aug. 2; Sgt. Shawn Walton injured Oct. 8; Berry injured May 11; Catterton

injured May 14; Spec. John Johnson injured Aug. 8; Spec. Billy Poulsen injured Sept. 2; Pvt. Andrew Looney injured Aug. 17 and Williams injured Sept. 5 for combat-related injuries, while serving in Iraq.

At the Nov. 8 ceremony, Jaedyn LaBastida, the son of Staff Sgt. Bryan LaBastida, temporarily filled in for the commanding general. While the Gen. Gilman held the award tray, Jaedyn presented and pinned a Purple Heart decoration on his father. Jaedyn also presented the Purple Heart certificate, and posed for pictures. A combat engineer, the staff sergeant was assigned to E Troop, 2nd of the 7th Cavalry in Iraq, when he was injured Aug. 21.

Nov. 8 honorees were:

Sgt. Maj. Mark Cornejo and Sgt. Lilina Benning injured Sept. 11; Sgt. Oscar Guerra injured Aug. 2; Spec. Mikel Brooks injured April 15; Spec. Alexander Crown injured Sept. 1.

Spec. Woodie Gibson III injured May 1; Spec. David Lofgren injured June 12; Spc. Dustin Meadows injured Aug. 11; Pfc. Herbert Jackson III injured Aug. 17, for combat-related injuries.

The height of the Nov. 8 ceremony came when Purple Heart recipient Sgt. David Camargo showed everyone how to truly honor a Soldier.

Just after receiving his Purple Heart from Gilman, Camargo passed his combat decoration to fellow comrade Spec. Zachary Holland. Camargo and Holland served together in the Alpha Company, 1st of the 5th Cavalry, 2nd Brigade Combat Team, 1st Cavalry Division in Iraq.

While serving as an infantryman, Carmargo was on patrol, May 3, when his vehicle was hit by a buried improvised explosive device resulting in his



Photos by Jen Rodriguez
Jaedyn LaBastida pins the Purple Heart on his father, Staff Sgt. Bryan LaBastida, during the Nov. 8 ceremony held at Brooke Army Medical Center.

combat injuries.

A few days later on May 7, Holland arrived at BAMC with injuries also from an IED.

“When he (Camargo) told me to go up on stage, I didn’t know what to think,” said Holland. “But, I know that it means I couldn’t do it (heal) without him.”



Spc. Zachary Holland wears the Purple Heart with honor at the Nov. 8 Purple Heart ceremony while being congratulated by Sgt. David Camargo, who gave Holland his Purple Heart.

FISHER HOUSES from P5

Nacogdoches Road.

Not only were Christmas decorations donated, but about \$35,000 in Wal-Mart gift cards for shopping sprees were donated to benefit the facilities of all 36 Fisher House locations across the nation.

In a ceremony following the decorating of the houses, Inge Godfrey, Fisher House manager at BAMC was presented with a check for \$5,000 and gift cards for residents.

"Wal-Mart is a true champion of our military," said Ken Fisher, chairman, Fisher House Foundation. "We are grateful that they join us in recognizing the need to support our military during their time of need. The holiday decorations, gifts and shopping spree will be a big boost to morale for our house managers and guests this Christmas season."



Photos by Cheryl Harrison

Not only were the inside of the four Fisher Houses decorated for the Christmas season, but the outside as well. Barbara Medina, employee of Wal-Mart, checks out the lights that adorned the walkway leading to the front door.



Marie Thomas puts the final touch on decorations in one of the Fisher Houses as part of Operation: Deck the Walls Monday. The event was a partnering of Wal-Mart associates and the Fisher House Foundation to bring the spirit of Christmas to Families residing at the Fisher House locations at Brooke Army Medical Center.



Wal-Mart "elves" in support of Operation: Deck the Walls, posed before the decorated Christmas tree at Fisher House 1. All Wal-Mart employees, the group was part of 75 that volunteered to bring Christmas joy to residents of the Fisher House. Pictured are: Cathy Matta, Tiffany Cantu, Linda Dollahan, Veronica Alexander, Anita Luther, Samberely Drake, Kim Howard, LeighAnn Velazquez Perez, Diane Billings, Rebecca Owens, Marie Thomas, Barbara Medina and Cindy Opalinski.

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Tips to beat holiday blues



The holidays are supposed to be a joyful time, a time of cheer filled with parties and family gatherings. But for some, the holidays can be a lonely reminder of past sorrows and future worries. Towards the end of the year, many people suffer from holiday depression. If you or a loved one suffers from holiday depression, here's what you need to know about this condition, and what you can do to recognize and overcome it.

Why so blue?

With the stress, exhaustion, expectations, financial worries, commercialization, and other burdens of the holiday season, it's no wonder that many people become depressed during this otherwise magical time of year. Factor in the physical demands of shopping, cooking, parties, and guests, and it's amazing that sadness and anxiety don't overwhelm us all. Many folks become depressed or develop other stress responses such as migraines, sleep disorders, appetite changes, aggression, or excessive drinking.

Preventing holiday depression

If you are prone to becoming depressed around the holidays, you need to be proactive in looking for ways to keep depression from creeping over you. There are a number of strategies that you can utilize to prevent depression from becoming a problem.

Keep It Real: There always seems to be an overabundance of social activities, chores, and events during the holiday season. You simply can't do it all if you hope to maintain your sanity. Keep your expectations reasonable and set realistic goals about what you can and cannot accomplish. Learn to say "no" when you need to; after all, your priority is to yourself and your family.

Spread Out the Joy: If you place all of your focus on one day of the holiday (i.e. Christmas or Thanksgiving Day), then you are cer-

tain to be disappointed and depressed if something doesn't turn out just as you planned. Place less importance on one specific day or event, and instead spread the joy out over the entire holiday season, that way you'll be less likely to become overwhelmed.

Take Care of Yourself and Others: Make a special effort during the holiday season to eat healthy and nutritious meals and to work a little exercise into your daily activities. Taking care of yourself can help boost your mood and appearance and give you the extra energy you need to handle all that's being asked of you. And while you're at it, take time to nurture your soul by making time for others. Volunteer at a soup kitchen or prepare a few handmade gifts for needy families. Doing things for others who are less fortunate than yourself will help you keep the holidays in perspective.

Don't Expect Miracles: Yes, the holiday season is often described as a magical one, but that doesn't mean you should expect miracles. If you tend to bicker with your sister, or if your mother can be a nag, this will probably be the case during the holidays as well. Similarly, if your children tend to run late or spill things on their good clothes, this will probably happen too. Prepare yourself for the inevitable. You can't change your relationships

(or your children) all in one day. Enjoy your time with your loved ones without expecting them to be someone else just because it's a holiday.

Change Things Up: Don't be afraid to make a few changes in your holiday celebrations this year. Your co-workers might be thrilled to do a Secret Santa, rather than buy a slew of individual presents. And

just because you put 10,000 lights on your house last year doesn't mean that you can't be happy with a small wreath and a candle in the window this year. Think about the things that caused you the most stress last year and look for new ways to enjoy them.

Stay Connected: Holidays can be

See **HOLIDAY BLUES P11**

Keep holiday decorating safety in mind

National Fire Protection Association and Underwriters Laboratories urge safe decorating practices

With more than 32 million homes decorating real Christmas trees this season, according to the National Christmas Tree Association, there is no doubt this holiday season will bring cheer. While it is easy to get caught up in the holiday shuffle of dinners, gifts and travel, safety should be at the top of everyone's lists.

The National Fire Protection Association and Underwriters Laboratories, an independent safety testing organization, are partnering this season to remind consumers about the importance of safe holiday decorating habits.

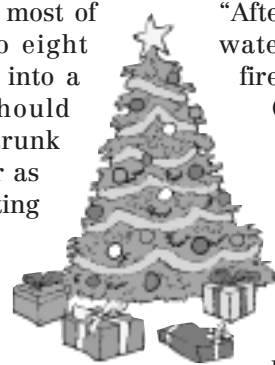
Keeping fresh Christmas trees well-watered is not only vital to the tree's decorative longevity, but also to keeping consumers safe this holiday season. If ignited, a dry tree can become engulfed in flames in a matter of seconds, as opposed to a well-watered tree, according to NCTA. With so many people decorating trees for the holidays, this safety detail is more important than ever.

"Because many trees have been dormant for a couple months, it's

typical for them to absorb most of their water within six to eight hours after being brought into a warm home. Families should make a fresh cut to the trunk and place the tree in water as soon as possible once getting it home," said Beth Walterscheidt, a tree farmer from Texas and president of NCTA. "Trees that are kept fresh during the holiday season are extremely difficult to ignite, which is why it is critical for consumers to commit to the care of their Christmas tree. If the water level falls below the cut surface for more than four to six hours, the tree's ability to keep absorbing moisture is inhibited."

In addition to keeping trees watered daily, John Drengenberg, consumer affairs manager for UL, reminds consumers to dispose of them after four weeks.

"If you put up your Christmas tree right after Thanksgiving, it needs to be taken down the week after Christmas," Drengenberg said.



"After New Year's, even well-watered trees can become a fire hazard."

On average, real and artificial Christmas trees are the first items ignited in an estimated 210 home fires annually, according to the most recent NFPA statistics. While this represents a small portion of the estimated 85 million households that display a tree, consumers need to commit to taking care of a fresh tree, and keep flame sources away from plastic trees, to reduce the risk of their tree being involved in a home fire.

NFPA also urged caution on the use of candles.

"Christmas Day holds the record for the highest number of reported home candle fires," said Lorraine Carli, vice president of communications at the NFPA. "Consumers should keep in mind that if they're going to use candles, they need to place them away from things that

can burn. It is also important to keep candles away from children and pets to avoid the risk of having them accidentally tipped over."

NFPA also reports that candles caused an estimated 15,600 home structure fires reported to local fire departments in just one year. These fires caused an estimated 150 deaths, 1,270 injuries and \$539 million in direct property damage.

Because of this high risk, UL and the NFPA urge people to practice a few safety precautions before, during and after their celebrations.

Regularly check your tree for fresh, green needles. Trees that have dried out over several weeks burn faster than fresh, well-watered trees. Remember to keep your tree watered at all times.

Always keep candles, as well as matches and lighters, out of the reach of children, and don't leave children unattended in a room with lit candles.

Look for the holographic UL Mark on light strings and electrical decorations. The UL Mark means that UL engineers have tested samples of the product for safety hazards.

- Green holographic UL Mark = Indoor-only use
- Red holographic UL Mark = Indoor and outdoor use

Carefully inspect each electrical decoration - new or old - before plugging it in. Cracked sockets, frayed, bare or loose wires can cause a serious electric shock or start a fire. Replace damaged items with new, UL-Listed decorations.

Take down holiday lights after 90 days of use to prevent damage from weather conditions and neighborhood animals.

For more tips about holiday decorating safety, candle safety and cooking safety, visit the UL Newsroom Web site at <http://www.ul.com/newsroom> or the NFPA Web site at <http://www.nfpa.org>.

(Source: National Fire Protection Association)

Metabolic syndrome can lead to developing diabetes

By Maj. Karen Fauber
Defense Commissary Agency dietitian

FORT LEE, Va. – Have you been told by a doctor that you have metabolic syndrome, also known as insulin resistance syndrome? As many as 47 million Americans have this common medical condition that often leads to developing full-blown diabetes. Other diseases that can occur due to this syndrome include heart disease and stroke. Metabolic syndrome happens in the body when cells are not able to use insulin.

If you have three or more of the following conditions you are at risk for having metabolic syndrome. However, having any of these conditions increases your risk of develop-

ing metabolic syndrome at some time in your life:

- Waist circumference greater than 40 inches for men or 35 inches for women
- High blood pressure
- Fasting blood sugar more than 110 milligrams/deciliter
- Triglycerides (fat in the bloodstream) of 150 or greater
- High-density lipoprotein level, also know as HDL or good cholesterol, of less than 40 in men or less than 50 in women

To prevent and treat metabolic syndrome:

- Increase physical activity to 30 to 60 minutes a day. This can help with losing weight, lowering and controlling blood sugar and increas-

Eat more fruits and vegetables. Half of a lunch and dinner plate needs to contain vegetables.

ing high-density lipoprotein levels.

- Eat more fruits and vegetables. Half of a lunch and dinner plate needs to contain vegetables. These can be purchased at the commissary with savings up to 30 percent. For ideas on how to get more fruits and vegetables into your diet, visit <http://www.fruitsandveggiesmore-matters.org> for delicious recipes and shopping tips to use at the commissary.

- Buy lean meats such as chicken, fish, lean beef and lean pork to help lower the amount of saturated fat in your diet. They are all in the meat

case at your local commissary at unbeatable savings of up to 30 percent or more.

- Control portion sizes to help lose weight. Stay away from the all-you-can-eat buffets. If you have to eat at the buffets, load up on vegetables and choose low-calorie salad dressing for salads.

For more information on diabetes or other nutrition topics, visit <http://www.commissaries.com>, post questions on the "DeCA Dietitian Forum" and be sure to look for other useful information in the "Dietitian's Voice" archive.

HOLIDAY BLUES from P9

very lonely times for those who have lost a loved one. And worse yet, these folks often hold in their sadness so as not to ruin anyone else's holiday. There is room for sadness and loneliness during the holidays, but the key is to keep them from weighing down yourself and others. Stay connected

with loved ones and don't be afraid to share your feelings. Acknowledging your emotions can often help you diminish their hold on you.

Recognizing depression

Despite your best efforts to pace yourself and stay positive during the holiday season, depression may still

get the best of you. We all have good days and bad days, but if you think you are truly becoming depressed, you need to reach out and get help. Here's how to recognize depression.

- Crying Spells
- Difficulty sleeping
- Feelings of sadness or guilt
- Appetite changes

If these symptoms begin to show

up in your daily life, take action against your depression by slowing down and reaching out to friends and family for extra support. If they persist for several weeks past the holidays, seek the advice of a qualified therapist or counselor to help you cope with your depression.

(Source: <http://www.stress-anxiety-depression.org>)

Residential Communities Initiative: official Army survey results

Recently, Lincoln Military Housing received results for the 2007 Official Army Survey conducted by Educational Benchmarking, Inc. The survey was e-mailed to Fort Sam Houston Family Housing residents. Residents were given 60 days in which to log on and use the Web link e-mailed to them to complete the survey. Survey participation was high with responses received from 48.7 percent of those surveyed; with the average Army installation receiving a response rate of 22.8 percent.

The survey measured the satisfaction level of three major indica-

tors: Services, Property and Complete Housing Experience. The Army established a goal of 3.5 on a scale of one to five with five being the most satisfied for the measurement of resident satisfaction. LMH exceeded the goal of 3.5 by receiving a score of 3.83 for Services, 3.75 for Property, and 3.87 for Complete Housing Experience. Fort Sam Houston was the highest rated post for the factor of Overall Satisfaction with Services, rated third for the Overall Satisfaction with Property, and ranked highest for the Overall Satisfaction with Complete Housing Experience.

LMH is reviewing and working on improving Overall Satisfaction with Property which most will be addressed as scheduled community areas and playgrounds are completed. By year end, Patch Chaffee, Infantry Post, Wheaton Graham, and Artillery Post community areas and playgrounds will be complete. The Watkins Terrace Community Center, which has a pool and playground, will open today following a ribbon cutting ceremony. By the end of summer 2008, LMH will complete community areas and playgrounds in Gorgas Circle and Watkins Terrace along with the main Community Center in

Wheaton Graham. The main community center's pool will follow in the fall of 2008.

LMH reviewed all comments and suggestions, and will use the feedback to make corrections and fine-tune processes in other areas. The surveys are also used as an informational tool by the government to access resident satisfaction and to assist LMH in improving the overall resident satisfaction.

For any questions or additional information, call LMH at 270-7638, or visit ftsamhoustonquestions@lpsi.com.

(Source: Residential Communities Initiative)

November Survey of the Month

Christie Fierro

November Yards of the Month

700 Patch 6848-A Vidales Circle
400 Dickman 618 Infantry Post



November Decors of the Month

2927 William Hardee Road 6713-B Meeks Circle
526 Wheaton

Lincoln Military Housing resident activities

Lincoln Military Housing judged homes in November for the Fall Décor of the Month and the Yard of the Month. The prize was a \$50 gift certificate to Home Depot. LMH also gave away turkeys. Residents had to complete an entry form and submit the form to the Housing Office before the Nov. 14 deadline. The winners of the turkeys are: Paul and Susan Phillips; Scott and Nancy Johnson; David and Kathy Irving; and Jose Magana.

LMH will be judging homes for the Holiday



Decorating Contest in addition to the Yard of the Month for December. The prize is a \$50 gift certificate to Home Depot. Four winners will be announced Jan. 3. LMH will also give away five hams from the Honey Baked Ham Company. Residents need to complete an entry form and submit the form to the Housing Office or e-mail their name and address to www.samhoustonlpc.com. The deadline to enter is Dec. 14, winners will be notified by Dec. 18.

Santa is coming to town. Get a glimpse of Santa as he drives through the villages to bring holiday cheer and candy. Santa will also be making a special stop at the Housing Office. Residents are encouraged to come and take pictures with Santa.

For photos and upcoming activities, residents can log onto LMH's interactive Web site at www.samhoustonlpc.com. For more information, call LMH at 270-7638.

(Source: Residential Communities Initiative)

Fall clean-up on post



Photos by Olivia Mendoza

Fort Sam Houston began its fall clean-up Monday. Many units were raking leaves, sweeping debris off sidewalks and curbs and bagging trash for pick-up. The fall clean-up ends Friday, but post residents are encouraged to help keep Fort Sam Houston looking it's best year around.



Spc. Jesse Thornton rakes fallen leaves across from the Garrison Headquarters Building Monday afternoon.



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One Patient
at a Time**

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**WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?
IT CAN HAPPEN.**

The Financial Readiness Program at Army Community Service offers this service. For more information, call 221-1612.

FSH boxing club small but competitive

Story and photos by Minnie Jones
Fort Sam Houston Public Information
Office

At the Central Post Gym, a small group of the most committed athletes in the world of sports can be found, but because of the size of the group, they are sometimes overlooked.

The Fort Sam Houston boxing club is a club sport designed to provide a competitive atmosphere for Soldiers who are interested in the sport of boxing. The boxing program falls under the Morale Welfare and Recreation's sport department with a rich heritage dating back to 1918 when General John Pershing issued the first General Order 241 relating to sports in the U.S.

Army to improve morale and physical fitness of the Army.

The Sam Houston boxing club was registered April 2006 as a member of USA Boxing, South Texas Association, and competes in bouts throughout Texas. When the club opened its doors in April it began with 34 individuals, but now participation has dwindled to only three individuals.

Bruce Leno, "All Army" and International boxing champion, with more than 100 amateur and 14 professional bouts under his belt, coaches the Fort Sam Houston boxing club. He contributes the decline to several factors. Leno said one major reason is that most of the Soldiers assigned to Fort Sam Houston

are transitory; they are only here for a short time attending advance individual training, and after their training ends, they move to their permanent duty station.

Although small, Leno contributes the success of the club to the support of the commanders and the Fort Sam Houston community. "Without their support, we wouldn't have a club," said Leno.

The other reasons are the requirements and the intense training it requires to become a boxer. Soldiers attending AIT must maintain a certain grade average to continue in the club. "The program is very strenuous; it is really a sacrifice for the Soldier," said Leno. Our training is everyday from 6:30 to 8 p.m. except for Sundays. It is very rigorous; requiring three mile runs each day, 200 sit-ups and intense circuit training.

In order to begin fighting, Leno said that you have to have the heart and the commitment. He requires new members train for a minimum of six weeks before they are put into the ring. "You have to bring your heart because boxing is not for everyone, you have to understand that boxing is competition and very competitive, you've got to be conditioned or you will get hurt. In training, I teach them how to step, how to punch and to be



Coach Bruce Leno gives sparing instructions to Pvt. Jacob Barnhardt (left) and Spc. Alfred Conley. Both fighters are from Brooke Army Medical Center, Company D. Conley fights in the Super Heavy Weight category and Barnhardt in the Middle Weight category.

more effective," said Leno.

Pvt. Jacob Barnhardt, D Company, Brooke Army Medical Center, Middle Weight Finalist from Rice Lake, Wis., began boxing when he was 17 years old when he couldn't wrestle anymore. "I like boxing because it is by far one of the toughest sports, and to get far you have to be an extremely dedicated athlete. I really enjoy working out every night with the team and I'm really excited to see where I go with this sport," said Barnhardt.

Spc. Jessica Wiggins, C Company, BAMC, from

Pensacola, Fla. is the only female in the club. Wiggins began boxing about five years ago and recalls how she used to go to the gym with her dad when a boxing coach at the gym kept telling her that they needed a girl fighter.

"I kind of just laughed at first; then decided to do it just for the workout. After a few months of just working out and going to actually see some fights, I decided that it was something I could do and would challenge myself," said Wiggins.

See BOXING CLUB P24

Battle Buddies
Sarah and
Gabrielle
compete in the
triathlon run
portion closely
followed by
Rebecca and
Eddie on the
bikes.



The race is on....

Story and photos by David Waugh
Jimmy Brought Fitness Center

The Jimmy Brought Fitness Center held the third Indoor Triathlon Sunday. The overall winner was Bernard Ortega with a winning time of 37 minutes and 29 seconds. Sgt. 1st Class Michael Hammond closely followed Ortega with a time of 37 minutes and 39 seconds. The remainder of the top five in the men's division was D. Chapa, Eddie, and Eric Corbett.

The winner of the women's group was fitness center employee Penney Villalvalzo, with a time of 39 minutes and 56 seconds. Lana Dochnal,

whose husband is deployed Col. Al Dochnal, finished in second place.

The remainder of the top five females was Rebecca Rendon, and battle buddies Sarah and Gabrielle.

This is the third of seven scheduled Triathlons during the winter months. The races are free and scheduled for the first Sunday of each month with the next race to be held Jan. 6.

The race distance is a 400-meter swim, a five-mile stationary bike ride and a two-mile treadmill run. The racers begin every 20 minutes throughout the day so afternoon start times are available.

Sports Briefs

Intramural bowling

The Fort Sam Houston Garrison intramural bowling league begins Jan. 7. A coaches' meeting will be held Wednesday at 1 p.m. at the Fort Sam Houston Bowling Center. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

Intramural sports update

The Fort Sam Houston Garrison Intramural Sports Program held a pre-season basketball tournament the last week of November with the championship game played on Nov. 29 between two evenly matched teams: the Magicians and East Recruiting. The Magicians forced a one game play-off by defeating East Recruiting in the first game. The second game was a back-and-forth affair that went into overtime before being settled. The final result was the Magicians 60 points to East Recruiting's 58 points. The regular Garrison Intramural Basketball League began play Wednesday.

Fort Sam Cyclocross Challenge race

Fort Sam Houston in association with Morale, Welfare and Recreation and Bayne, Snell, Kraus Law Firm's racing team will host a Cyclocross Race Jan. 13 at 8:30 a.m. behind the Fort Sam Houston Aquatic Center, 3300 Williams Road. All proceeds will benefit the Fisher House. Riders can pre-register at www.bikereg.com before Jan 11. Same day registration will be held at 7:45 a.m. in the parking lot of the outdoor pool. All riders must have a valid U.S.A. Cycling license or purchase a one day license during registration for a \$12 fee. Entry fee for military is waived with purchase of a same day license. Cyclocross bikes or mountain bikes are acceptable to ride the 3K course. Helmets are required. The race flyer can be seen at www.txbra.org/db/events/ftsamcrossflyer.doc For information, call 221-7012 or 414-3600.

State of Texas Office of the Governor

A Message from the Governor:

As Governor of Texas, I am pleased to extend season greetings on the occasion of Christmas Along the Corridor 2007.

Since April of 1860, the Pony Express has been a part of our nation's history. Then, delays in mail service left the western portion of the United States feeling isolated. William H. Russell looked to resolve the problem with a cross country horse and rider mail service. It forever changed the speed of mail delivery, while reconnecting a fracturing nation.

President Lincoln a year later understood the need for an elected official's words to reach the citizens promptly. Lincoln called upon the Pony Express to deliver his inaugural address to a waiting nation. Given the importance of his message, this became the Pony Express' fastest ride. Following in those footsteps and tradition, it is an honor to send to you a holiday greeting by way of the Pony Express.

On Saturday, December 1st, Christmas Along the Corridor will provide us an opportunity to reflect on a past that over came many unique challenges. It will remind us of the importance of staying connected to our fellow countrymen.

The nearly 120 Pony Express riders that will begin their day in the cities of Goliad and Gruene and finish the 19th annual ride in San Antonio at the pony Express Grand Finale and Fair are to be encouraged all along the way. They will stop in 32 historic communities along the Alamo-La Bahia Corridor and the El Camino Real de Los Tejas National Historic Trail. The cities of Christine and Marion as first time participants will join 30 other communities to welcome the riders while showcasing their Christmas spirit through a variety of festivities and cultural programs.

On behalf of the people of the Lone Star State, I applaud the riders and the members of the Alamo-La Bahia Corridor and the El Camino Real de Los Tejas communities for their special roles in honoring the traditions of the past while creating new traditions for generations to come. You continue to highlight the best of Texas.

First Lady Anita Perry and I extend our best wishes during this Christmas season and for a happy New Year.



Sincerely,

Rick Perry

Rick Perry
Governor



Bexar County Buffalo Soldiers, Al Hudson, Orland Steele and Tommy Cline depict the all-black military regiments of the late 1800s and their impact on Texas and Southwestern history.



Members of the Guadalupe County Sheriff's Mounted Posse present the six flags that have flown over Texas at the opening of the program for the arrival of the pony express riders.



(Above) The Lesley family visits with Mike Waters, Alamo Lore and Myth Organization as he describes his artifacts on display. The family includes (from left) mother Redena, twins Florence and Helen, daughter Jessica, dad Ivan, and sons Bryan, Daniel, and Alex.

(Right) Sgt. James Weary, Spc. Christopher Jessee and Staff Sgt. Steve Young, U.S. Army Medical Command Band, perform cavalry music with the arrival of the pony express riders and set the holiday spirit with holiday medleys.

Horses, horses, horses!



Guadalupe County Sheriff's Mounted Posse amaze the crowd with intricate and fast paced rodeo drills during the 19th annual Christmas Along the Corridor Pony Express Courier Run Grand Finale and Fair at MacArthur Parade Field Saturday. Various groups entertained the crowd while waiting for the pony express riders to arrive with the Texas governor's holiday message.

Pony Express delivers holiday message

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs Office

The 19th Annual Christmas Along the Corridor Pony Express Courier Run Grand Finale came to an end at MacArthur Parade Field Saturday with the delivery of the Texas Governor's holiday message to San Antonio. More than 100 pony riders and their steeds galloped across MacArthur Parade to deliver the message. Joining them this year was Col. Wendy Martinson, commander, U.S. Army Garrison.

Christmas Along the Corridor is a 150-mile celebration of history, heritage, and the holidays as 120 Pony Express Christmas Couriers carry proclamations to communities in the seven counties along the historic Alamo-La Bahia Corridor and El Camino Real de Los Tejas, with the San Antonio Grand Finale at Fort Sam Houston.

The routes of the couriers encompassed almost 300 miles within the historic Alamo-La Bahia Corridor and along

stretches of El Camino Real de Los Tejas, linking over 20 community celebrations and 32 stops.

The grand finale and fair included a variety of displays and exhibits and featured numerous performances.

The highlight of the event included the pony express riders galloping across MacArthur Parade Field to deliver the Texas Governor's holiday message to the San Antonio Postmaster.

"Neither snow, nor rain, nor heat, nor gloom of night, stays these couriers from the swift completion of their appointed rounds." These words continue to resonate for the Pony Express Riders who were a courageous band of young men that enlisted in an incredible enterprise to carry mail by pony relays through 2,000 miles of America's wilderness frontier," said Robert Larios, the 27th San Antonio Postmaster.

"The Pony Express played a key role in Texas delivering mail along the frontier - connecting communities," said Col. Wendy Martinson, commander, U.S. Army Garrison and host for the ceremony.



Members of the Escaramuza Rosa de Castilla, dressed in colorful charreada dresses and riding side-saddle, are known for their intricate maneuvers and drills that put them within inches of each other.



The Cadence Cloggers of San Antonio entertain the crowd with their high energy quick stepping dance routines.



Air Force Master Sgt. Michael Beard, Fancy Dancer, performs a style of powwow dancing that is known for whirling colors and fancy footwork. Beard belongs with the Keetowah Native American Group.

(Left) Fort Sam Houston Museum director, John Manguso, welcomes visitors to his exhibit which depicts the history of the Army in San Antonio.

FSH Chapel community invites Families to Bethlehem Village

The Fort Sam Houston Chapel community invites all Families to a special Bethlehem Village to be held Dec. 13, 14 and 15 at the Main Post Chapel from 5:30 to 8:30 p.m.

"Bethlehem village is an exciting way for everyone to learn more about God's love and the gift of Jesus," said Brian Merry, director, Religious Education. "And the best part is that they learn by becoming immersed in authentic Bible-times culture. Kids and adults will witness real-life dramas in the center of town, chat with shopkeepers about the coming Messiah, and discover what it was like to live in the Roman Empire. They'll even receive Bible Memory Makers for keepsakes to use in years to come. We hope Bethlehem Village will make God's Word very real to the people in our community."

The Main Post Chapel will be transformed into a small and overcrowded village similar to the town of Bethlehem so many centuries ago. The program will provide fun, memorable Bible-learning activities for Families.

Each evening children and adults will join with a small group that is named after one of the 12 tribes of Israel. The family tribes will come



Courtesy photo

The 2006 Bethlehem Village had more than 100 volunteers and 400 participants during the three nights. Chaplain (Col.) Gilley Richardson, Installation Chaplain, portrayed the Census Taker for Journey to Bethlehem and registered the families as they arrived in the town of Bethlehem.

together for singing and then explore a traditional Bible-times Family life. They will visit the Census Taker, play authentic games, or sample Middle Eastern snacks. Families will even explore a Bethlehem village marketplace where they will become apprentices in the mosaic shop and make clay toys in a toy-making shop.

The event is free and open to everyone. For more information, call 221-5007.

(Source: Installation Chaplain's Office)

Religion

Fort Sam Houston Chapels Holiday worship, event schedule

Today

"Christmas Tree Lighting" at 6 p.m. at the main post flagpole

Sunday

Gospel and Samoan Congregations "Christmas Musical Festival and Celebration" at 6:30 p.m. at Dodd Field Chapel

Dec. 13 to 15

"Journey to Bethlehem" from 5:30 to 8:30 p.m. at the Main Post Chapel

Dec. 16

"Cantata" at 8 and 11 a.m. at the Main Post Chapel (Protestant services)

Dec. 24, Christmas Eve services

Roman Catholic: "Children's Mass" at 5:30 p.m. at Dodd Field Chapel and "Midnight Mass" at 11 p.m. at the Main Post Chapel

Protestant: "Candlelight Service" at 7 p.m. at the Main Post Chapel

Dec. 25, Christmas Day service

Roman Catholic: "Christmas Mass," at 9:30 a.m. at the Main Post Chapel

Dec. 31, New Year's Eve service

Gospel Protestant: "Watchnight Service" at 11 p.m. at Dodd Field Chapel

Jan. 1, New Year's Day service

Roman Catholic: "Holy Day of Obligation, Feast of Mary, Mother of God Mass" at 9:30 a.m. at the Main Post Chapel

Two new worship services

A Christ for the Intrepid contemporary worship service will be held Sunday nights with a free coffee house at 5:30 p.m. followed by a service at 6 p.m. at the Center for the Intrepid Coffee House, on the first floor of the CFI. For more information, call Maj. Chaplain Jim Duke or Capt. Chaplain Jim Combs at 916-1105.

An Episcopal/Lutheran Rite traditional worship service will be held Thursdays at 12:30 p.m. at the Brooke Army Medical Center Chapel. For more information, call Capt. Chaplain Phil Kochenberger at 916-1105

Reminder of schedule change

Due to the closure of the Army Medical Department Center and School Chapel for renovations services have been moved. Church of Latter Day Saints service will be held Sundays at 9:30 a.m. in the Noncommissioned Officer Academy; and Catholic Mass at 8 a.m. Sundays and Protestant service at 9:30 a.m. Sundays will be held in Evans Auditorium.

PWOC Bible study

The Protestant Women of the Chapel invite all women to participate in the fall Bible study classes. Classes are held Wednesdays from 9:30 to 11:30 a.m. and Thursdays from 6:30 to 8 p.m. at Dodd Field Chapel. Childcare is available up to age 5. For more information or a list of classes, call Paulette Jordan at 462-7676.

Project Protégé Cole academic decathlon team visits AMEDD

Story and photo by Martha Waldman

U.S. Army Medical Department Center and School Marketing

Twelve members of the Robert G. Cole High School Academic Decathlon Competitive Team were at the Fort Sam Houston Army Medical Department Center and School Wednesday helping to initiate a new and exciting program called Project Protégé.

Project Protégé represents an important and enduring partnership between Fort Sam Houston Independent School District and the AMEDDC&S. The program will provide career related and educational opportunities and hands-on experiences between the students and the working professionals at Fort Sam Houston. Students from various grade and academic levels will be introduced to a wide range of specific medical and technical courses and programs.

"Project Protégé was designed to



Maj. Mark Carder, instructor, Medical Zoology Branch, Department of Preventive Health Services, Academy of Health Sciences, Fort Sam Houston Army Medical Center and School shows a slide presentation to students from the Robert G. Cole High School Academic Decathlon Competitive Team as part of Project Protégé.

produce not only better students, but better Americans," said Capt. Chadwick Fletcher, Project Protégé Lead.

According to Julie Coffey, Counselor and Project Protégé Lead

for Cole High School, "Students will benefit from the expertise of the professionals on Fort Sam Houston, and students will contribute to the Fort Sam Houston community

through their project work."

The Project Protégé program was deployed Wednesday with presentations given by Lt. Col. James Sheehan and Maj. Mark Carder of the Department of Preventive Health Services at the Academy of Health Sciences, AMEDD Center and School.

Barbara Lien, Cole Academic Decathlon lead coach and speech and theater teacher, and James Cox, Academic Decathlon coach and business and golf teacher, selected the topic of this year's Academic Decathlon theme, Infectious Diseases, particularly those that were prevalent during the Civil War. Discussions ranged from the appalling hygienic and sanitation battlefield conditions of the day to the barbaric surgical techniques used, to adventures of a malaria-infected female mosquito during a blood meal. Needless to say, the grimaces and groans were followed by smiles, hand-washing and talk of the next Project Protégé.

Fort Sam Houston Independent School District

**Weekly Campus Activities
Monday through Dec. 15**

Fort Sam Houston Elementary School

Monday

Dress rehearsal for winter program

Tuesday

PTO meeting, 6 p.m.

PTO winter program, 6:30 p.m.

Dec. 13

Parent workshop "Partner's in Print," 12 to 12:30 p.m.

Dec. 14

Spirit day

Robert G. Cole Middle and High School

Monday

Cougar Pride Club in Media Center, 5 p.m.

Tuesday

Girls' basketball vs. Dilley at Cole, 5:30 and 7 p.m.

Boys' basketball at Hondo, 6 and 7:30 p.m.

Dec. 13

High school band holiday concert in Moseley Gym, 7 p.m.

Dec. 14

Girls' soccer at Incarnate Word, 4:30 p.m.

Dec. 15

Girls' basketball vs. Crystal City, 12 and 1:30 p.m.

Successful grid season leads to honors

Awards for the 2007 football season were announced last week, and the district 30AA champion Robert G. Cole High School Cougars received their due recognition. Being named first team all-district offense were: running back RJ Evans, tight end Patrick Newcomer, and swing back Chauncy Holmes. Named first team defense: linebacker Damon Grant, end Patrick Newcomer, tackle Jamell Huaracha, and safety Lukas Sheridan. Second team offense consisted of: quarterback Damon Grant, center Jamell Huaracha, guard Justin Langford, tackle Daniel Ruiz, and receiver Lukas Sheridan. Second team defensive members were: linebacker Chauncy Holmes, linebacker De'Sean Newsome, tackle Jeremy Fuentes, and safety Will Vega. Named special teams all-district kicker was Lukas Sheridan.

The Cougars finished the season 7-3, and won the district title for the first time in twenty years.

Project Graduation meeting

Parents of Cole High School seniors are invited to attend the next Project Graduation meeting Monday at 6:30 p.m. in the old library at Robert G. Cole High School; not the new Media Center. Parents will discuss plans for the senior's Baccalaureate service and post graduation Chem Free party. For more information, call Pat Kirk at 223-6820.

MWR holiday hours

Many of the Morale, Welfare and Recreation facilities will be closed extra days during the December holidays. Below is a list of additional closures for December. Call the facilities for any variance in normal operating hours.

RV Park: Dec. 14, closes at 12 p.m.; closed Dec. 21 through 22, 24 and 25; 28 through 30 and Jan. 1.

Keith A. Campbell Memorial Library: Dec. 14, closes at 12 p.m.; closed 23 through 25; Dec. 30 through Jan. 1.

Outdoor Equipment Center: Dec. 14, closes at 12 p.m.; closed Dec. 24 and 2; Jan. 1.

Jimmy Brought Fitness Center (and pool): Dec. 14, closes at 12 p.m.; closed Dec. 25 and Jan. 1.

Auto Craft Shop: Dec. 14, closes at 12 p.m.; closed Dec. 24 through 26; Dec. 31 through Jan. 2.

Equestrian Center: Closed Dec. 25 and Jan. 1.

Camp Bullis Outdoor Recreation Center: Closed Dec. 24 through 26 and Dec. 31 through Jan. 2.

Fort Sam Houston Recreation Area at Canyon Lake: Closed Dec. 14, 12 p.m.; Dec. 24 and 25; and Dec. 31 and Jan. 1.

Hacienda Recreation Center: Closed Dec. 20 through Jan. 1.

Brigade Gym: Closed Dec. 20 through Jan. 1.

Central Gym: Closed Dec. 19 through Jan. 1.

Sam Houston Club: Closed Dec. 22 through Jan. 6.

Golf Club: Closed Dec. 24, 12 p.m.; Dec. 25, Dec. 31, 12 p.m.; Jan. 1.

Bowling Center: Closed Dec. 22 through Jan. 4.

Harlequin Dinner Theatre: Closed Dec. 21 through Jan. 1.

Army Community Service: Closed Dec. 17, 12 p.m.; Dec. 24 and 25, Dec. 31 and Jan. 1.

Child Development Center: Closed Dec. 24, 25 and 31.

Youth Services: Closed Dec. 24, 25, 31 and Jan. 1.

School Age Services: Closed Dec. 24, 25, 31 and Jan. 1.

Parent/Child Incorporated Headstart: Closed from 12 p.m. Dec. 21 through Jan. 7.

Family Child Care: Closed Dec. 24 through 26; closed Dec. 31 and Jan. 1.

MWR Community Recreation

Golf Club, 222-9386

Warriors Monthly Scramble golf tournament

The Warriors Monthly Scramble is held the first Friday of each month at the Fort Sam Houston Golf Club. The next tournament is Friday. Register up to four players to participate in Warriors Monthly Scramble. Shotgun start at 12:30 p.m. Entry fee is \$20 per person and includes cart rental, prizes and social following the scramble. Participants must be in an authorized pass or leave status. For more information or to register, call the Golf Club Pro Shop at 222-9386.

Holiday Sale

The Fort Sam Houston Golf Club's Pro Shop is having a holiday sale through Dec. 23. Come by for discounts ranging from 5 to 40 percent off a variety of merchandise. Stop by the driving range and buy a bucket of balls for \$3; if you find a lucky red ball in your bucket of range balls you are an instant winner of a dozen pro line golf balls from the Pro Shop. For more information, call 222-9386.

Dining and Entertainment

Sam Houston Club, 224-2721

Super TGIF

Stop by the Sam Houston Club Dec. 14 at 4:30 p.m. for an evening of holiday cheer. Come enjoy free food and karaoke/D.J. For more information, call 224-2721.

Holiday Brunch

A special holiday brunch will be held Dec. 16 from 10 a.m. to 1:30 p.m. at the Sam Houston Club. Features include a chocolate fondue station, complimentary champagne and an international food station. There will be a special appearance by Santa! Cost is \$17.95 for nonmembers, \$15.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and younger eat free. For more information, call 224-2721.

Karaoke Fridays

Come by the Sam Houston Club every Friday at 5 p.m. for free karaoke. Practice your vocals or just come out and have fun with friends to celebrate the end of another long work week. For more information, call 224-2721.

Harlequin Dinner Theatre

'My Three Angels'

The comedy by Sam and Bella Spewack, "My Three Angels" will be presented at the Harlequin Dinner Theatre through Dec. 15. Performance tickets are \$28 on Wednesdays and Thursdays and \$31 on Fridays and Saturdays. Doors open for salad bar and cocktails at 6:15 p.m., the buffet from 6:30 to 7:30

p.m., and the show begins at 8 p.m. Military discounts are available. To make reservations or for more information, call 222-9694.

MWR Ticket Office

The ticket office is open Tuesdays through Fridays from 10 a.m. to 5 p.m. and closed Saturday through Monday. Come by for discounted tickets on local attractions, as well as theme parks like Disney World and Universal Studios. For more information, visit www.foortsamhoustonmwr.com or call 221-1663 or 224-2721.

Seal and Send Grocery Giveaway

Visit www.armymwr.com/grocerysweepstakes through Dec. 31 to enter for a chance to win one of the following prizes: one year of free groceries from any military commissary, commissary gift cards and certificates or Food-Saver V2440 Vacuum packaging systems. This sweepstakes is open to the total defense force - Service Members, retirees, and their Families (18 years of age and older) who are eligible to shop in the exchange and commissary. To enter into the sweepstakes or for more information, visit www.armymwr.com/grocerysweepstakes.

Medieval Times Military Appreciation

Medieval Times is hosting Military Appreciation through Dec. 25. Experience a magical evening of feasting, sport and pageantry inside one of their castles. Feast on four-course banquets while cheering a brave knight on to victory. Witness a spectacular performance of medieval tournament games, authentic jousting and exciting sword fights. Children (12 years old and younger) receive free admission with one paid adult admission through Dec. 25. Valid military identification is required at the time of purchase. This offer is not valid for online ticket purchase. This promotion cannot be combined with any other offer. Reservations required; request the "Kids Free Military Promotion" while making reservation to receive the discount. Medieval Times is located in various locations across the nation, including Dallas, Texas. For more information, call the Morale, Welfare and Recreation Ticket Office at 226-1663.

Army Community Service

Holiday Stress

The Red Cross will hold a class on how to manage stress during the holiday season Tuesday from 11 a.m. to 12:30 p.m. at Building 2650. For more information, call 221-2750.

Pre-deployment briefing

A deployment information and discussion briefing will be held Dec. 13 from 4:30 to 6 p.m. at Army Community Service, Building 2797.

Attendees will receive a Family preparation checklist and other useful materials. For more information or to register, call 221-0946 or 221-9821.

Reunion, reintegration briefing

A reintegration briefing and discussion will be held Dec. 13 from 7 to 8:30 p.m. at Army Community Service, Building 2797. Families who are preparing for a Soldier to return home from a deployment are encouraged to attend. Spouses, parents and extended Family members are welcome. For more information or to register, call 221-0946 or 221-9821.

Blended Families

The stepfamily can be complex when it comes to family relationships. Join the Red Cross, Building 2650, on Dec. 20 from 11 a.m. to 12:30 p.m. to discuss changing family dynamics and the complex roles of parents. Learn tips on dealing with discipline issues and how to avoid common pitfalls. For more information, call 221-2750.

AER Scholarship Programs

The Maj. Gen. James Ursano Scholarship Program is for dependent children of active, retired and deceased Soldiers. The Maj. Gen. James Ursano Scholarship Program offers scholarships based on financial need, academics and leadership/achievement. For more information or to apply for the scholarship, visit www.aerhq.org or call Army Community Service at 221-1612.

Child and Youth Services

Youth basketball registration

Central Registration will hold registration for basketball through Friday. Practice begins Monday. Patrons must be registered with Child and Youth Services. To register, patrons must provide Leave and Earnings Statement, spouse's W2 form, updated shots records for kindergarten through fifth grade, a current sport physical valid through the entire season, the child's Social Security number and two local emergency designees, \$18 registration fee and basketball fee of \$45. For more information, call the Sports Office at 221-3502 or Central Registration at 221-1723.

Parent Advisory Council

A Child and Youth Services Parent Advisory Council meeting will be held Dec. 18 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet the staff, attend parent workshops and learn about upcoming events. PAC meetings are held the third Tuesday of each month. For more information, call 221-4871 or 221-1723.

Youth winter camp

School Age Services and Youth Services will

provide Winter Camp from Dec. 24 through Jan. 7. All patrons must be registered in order to be eligible for the camp. For more information, call School Age Services at 221-4455 or the Youth Center at 221-3502.

Coaches needed

The Youth Sports Program is looking for basketball coaches. Coaches will need to clear a background check. Those interested may pick up coaching packets from the Youth Center, Building 1630 or Central Registration, Building 2797. For more information, call Sports at 221-5519 or 221-3502.

Youth talent show

Sign-up for the 2008 Youth Services Talent Show. Comedians, dancers, models, steppers, poets/speakers, singers and musicians are needed for the yearly show which will be held Feb. 23. Stop by any Child and Youth Services facility between Dec. 26 and Jan. 25 to sign-up. Applicants must be between the ages of 3 and 18. For more information, call 221-4871 or 221-1723.

CYS needs instructors

Child and Youth Services is recruiting instructors for driver's education, cooking, leadership skills, mentoring, tutoring, voice, guitar and Spanish. For more information, call 295-4806 or 221-1103.

Central Registration

Central Registration is open Monday through Friday from 8 a.m. to 5 p.m. Walk-ins and appointments are welcome; patrons seen after 4 p.m. are by appointment only. Central Registration is located in Building 2797. To register for Child and Youth Services programs patrons must provide current shots records (kindergarten through fifth grade), two local emergency designees, health assessment/sport physical within the last year (sport physicals must be valid the entire selected sport season) child's Social Security Number, sponsor's Leave and Earnings Statement, spouse's W2 form, \$18 registration fee and activity fee payment. For more information, call 221-1723 or 221-4871.

Off-post childcare options

The Army Child Care in Your Neighborhood program offers military Families more childcare options in the local community. There are two childcare centers and 25 civilian providers in surrounding areas of Fort Sam Houston available for use by local Army Families. The centers and providers are monitored to ensure they meet Army standards. For more information, call the Family Service Association at 431-7570 or Fort Sam Houston Central Registration at 221-4871.

FCC providers

Family Child Care is seeking Family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3828.

COMMUNITY

Events

Cajun Christmas party

The Cajun French Music Association de Fa Tras Chapter will host a Cajun Christmas Party Saturday from 7:30 to 11:30 p.m. at Hermann Sons, 525 S. St. Mary's Street. Donations are \$8 per person and proceeds will go to the Organizations Scholarship and Cultural Programs Fund. The party is open to the public with live entertainment by Ed Gary and the Louisiana Cajun Aces. For more information, call 667-9070.

Christmas light walk

The Randolph Roadrunners Volksmarch Club will hold a 10K and 5K walk Saturday from 3 to 5 p.m. with a finish at 8 p.m. in the Bluff View at Camino Real neighborhood. The walk begins at the Quicksands Café and Bakery, 502 Embassy Oaks in San Antonio. For more information, call Ellen Ott at 525-8574, e-mail ellenott@sbcglobal.net or visit the Web site at www.geocities.com/randolphroadrunners.

Santa's Railroad Wonderland

The Texas Transportation Museum will hold a benefit for the U.S. Marines "Toys For Tots" Saturday and Sunday from 6 to 9 p.m. at the Texas Transportation Museum, 11731 Wetmore. Donate a toy and get free admission. Admission is \$7 for adults; \$5 for children under 12; or \$20 for a Family (two adults and up to five children). For more information, call 490-3554 or visit www.txtransportationmuseum.org/shd.htm.

Scholarships for military children

Defense Commissary Agency is accepting applications for 2008 Scholarships for Military Children Program. The \$1,500 scholarships is available for children under the age of 21 (or 23, if enrolled in school) of military active-duty, retired, and Guard and Reserve service mem-

bers. Eligibility is determined using the Defense Enrollment Eligibility Reporting System database. The applicant must be planning to attend, or already attending, an accredited college or university full-time in the fall of 2008 or enrolled in a program of studies designed to transfer directly into a four-year program. Applicants must submit an essay arguing for or against the following statement: "Every able-bodied citizen should be required to serve a two-year period of time in the military. Why or why not?" Applications must be turned in to any commissary by Feb. 20. For more information, call 804-734-8061 or visit www.militaryscholar.org.

Training

Troops to Teachers

Troops to Teachers is actively seeking veterans with bachelor's degrees who are retired or those who will be retiring within the next year and want to begin a career in teaching. The Spouses to Teachers Program, is a Department of Defense initiative targeted at the spouses of active duty personnel, and drilling status Guard and Reserve members. If interested in becoming a Troops to Teachers and Spouses to Teachers plan to attend "Teaching as a Second Career Seminar" Monday from 1 to 3 p.m. at the Army Career and Alumni Program Center, Building 2263, Room B100. For more information, call Russ Lane at 221-1213.

Army Knowledge On-line

Army Knowledge On-line training will be held Jan. 16 from 8 to 11:30 a.m. in Building 2841, Room 2105C, and Jan. 23 from 8 to 11:30 a.m. in Building 2841, Room 2105A/B. Training for PureEdge MyForms will be held Jan. 8 and 9 from 8 to 11:30 a.m. in Building 2841, Room 2105C. For more information or to register, call Julie Gueller at 221-6203.

English as a Second Language

Classes for English as a Second Language will be sponsored by the Region 20 Education Center and Army Community Service Relocation Assistance Program Tuesdays and Thursdays from 6 to 8:30 p.m. at Army Community Service, Building 2797. Beginning, intermediate and advanced classes are offered for foreign-born spouses to increase reading comprehension, vocabulary, and pronunciation and instructions on citizenship information. For more information, call 221-2418.

Meetings

NCO Wives' Club

The Fort Sam Houston Noncommissioned Officers' Wives Club invites all spouses to join them, the first Tuesday of the month at the Sam Houston Club at 10 a.m. For more information, call Angie Luna at 333-0821 or 386-8265.

Warrant Officer Association

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association meeting will be held

Saturday at the home of Randy Blackburn. The January meeting will be Jan. 21 at 7 p.m. at Chacho's and Chulucci's, 8614 Perrin Beitel Rd. All active duty, retired, Reserve, National Guard, Warrant Officers and Family members of current or retired warrant officers are invited. For more information and directions, call Juan Gomez at 295-6596, e-mail juan.gomez@us.army.mil, or Suzan Farrell at 378-0422, e-mail suzan.farrell@us.army.mil.

Spouses' Club holiday coffee

The Spouses' Club board will host a holiday coffee meeting Dec. 18 at 10:30 a.m. at the Stillwell House. The event is free and open to all members, reservations are not required. For more information, call Marcella Garcia at 677-5187.

Volunteer

Kelly Dental Clinic needs patients

The Kelly Dental Clinic at Lackland Air Force Base is currently seeking patients who are dependent children, dependents and retirees, not on the United Concordia Dental Insurance Program. Each patient must have had a current examination, have current health history and x-rays and need routine oral prophylaxis (every six months) for healthy dentition. We will not accept patients with periodontal conditions. Members must have a record or copy of their record with this information. Interested patients should call the Kelly Dental Clinic at 925-1846 and leave a full name and phone number or e-mail. Patients will be handled on a first come, first served basis.

BOXING CLUB from P14

Spc. Alfred Conley, D Company, BAMC, from Chicago, Ill., fights in the Super Heavy Weight category. Conley began boxing for the first time in April 2007. In that short time, he won his first bout in October and contributes his success to his coach.

"I began boxing just as a way to release stress and aggression in a competitive, fun, and in an organized manner, however, it has

turned into something more," said Conley. "My coach, Bruce Leno is also a great teacher and motivator with more than enough experience. He knows how to train the inexperienced boxer to higher level boxers. He has encouraged many to succeed in and out of the ring and consistently reminds newcomers and veterans of the sport alike, that priorities come first, God, Family, Soldier's tasks, studies and then boxing. Where boxing is going to take me, only time will tell. I will pursue all the opportunities that boxing may open up for me."

"Coach Leno is a very good coach that knows how to fight amateur and pro and he teaches us a bit of both. He pushes us hard and always expects the best, this is what helps us push ourselves to work and do better. Yes, he gets disappointed if we lose, but as long as we have given a hundred percent or better in the ring, then we are still winners in his eyes," said Wiggins.

Our motto here is "Win in two" said Leno.



Spc. Jessica Wiggins (left) from C Company, Brooke Army Medical Center, from Pensacola, Fla., spars with Coach Bruce Leno. Wiggins is the only female in the boxing club. She began boxing about five years ago.

The Sam Houston boxing club is heading in the right direction, to the Nationals. Although the team is small, their hearts are big and their commitment is strong. Two of the fighters have won titles and the three-member club will travel to Austin, Texas, Dec. 8 and then to Laredo, Texas, Dec. 15.

New members both male and female are welcome to join the club from any Army unit with the approval of their commander. The club trains at the Central Post Gym on Patch Road, in Building 961, Monday through Saturday. For more information about the Fort Sam Houston boxing club, call Bruce Leno at 632-7554.



Photo by Doug Meyer

Outstanding service

Serving a total of 237 years of service to the Army and the nation, 10 retirees prepare to embark on a new life. Posing for one last official photo following the post retirement ceremony held Nov. 29 at MacArthur Parade Field is front row, Lt. Col. Cheryl Carson, Lt. Col. Suzanne Jardine and Sgt. Maj. Ronnie Holmes. Back row from left Sgt. 1st Class Richard Arocho, Master Sgt. Roland Polite, Sgt. 1st Class Kearne Anderson, Sgt. Maj. Jose Lopez, Staff Sgt. Desmond Morris and Sgt. 1st Class Jeffery Rodewald.

Fort Freebies

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is close of business Friday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort Freebie, e-mail news.leader@conus.army.mil or fax to 221-1198. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.

For Sale: Princess chair, high back from Thailand, \$50; pair of steel vehicle ramps, \$20; Graber bike rack, holds three, \$75; computer desk set with book shelves and one file cabinet with two drawers, \$250; male bike and two girl's bike, \$60 to 175. Call 824-4777.

For Sale: Compaq laptop, 80 GB hard drive, 512 Mega Ram, 1700 processor, wide screen monitor and operating system, Microsoft Vista, \$500. Call 827-3026.

For Sale: Four chrome rims, 20X8.5, fits BMW 5 Series, \$450 obo. Call 367-5945.

For Sale: Lifecycle exercise bicycle, \$75. Call 630-0163.

For Sale: Car bra for 2000 Volkswagon Beetle, new, \$50. Call 859-0337.

For Sale: EoTech 511 Halosite with N battery, \$280. Call 945-7627.

For Sale: Evenflo exersaucer, \$30; Tiny Love gymini, \$10. Call 275-2237.

For Sale: Shitzu, female, one year old, \$350; bookcase/entertainment center, 5 feet tall by 36 inches wide, \$125; baby swing, \$40; coffee table with scalloped edges, 36 inches round, \$25; bassinet with mattress, \$20. Call 633-3859.